



Website review poss-mma.com

Generated on March 03 2026 15:20 PM

The score is 51/100



SEO Content

	Title	<p>Apps to Boost Focus Beyond the Gym: Mindfulness and Recovery</p> <p>Length : 60</p> <p>Perfect, your title contains between 10 and 70 characters.</p>										
	Description	<p>Discover apps that enhance focus and mindfulness outside the gym. From Coin ID Scanner's coin collection to Number Tracker's peace of mind and Heart Pulse Monitor health parameters, these tools support discipline, clarity, and inner balance in everyday life.</p> <p>Length : 268</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.</p>										
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>										
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1413 1481 1816"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>site_name</td> <td>poss-mma.com</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Apps that Help You Keep Your Focus Out of the Gym - poss-mma.com</td> </tr> </tbody> </table>	Property	Content	locale	en_US	site_name	poss-mma.com	type	website	title	Apps that Help You Keep Your Focus Out of the Gym - poss-mma.com
Property	Content											
locale	en_US											
site_name	poss-mma.com											
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SEO Content

description	Resilience, endurance, and discipline are not born in the gym alone. Outside of training, the real work on oneself begins, where attention to detail, the ability to keep focus, and inner balance are important. It is outside the tatami or ring that the habits that build a fighter's character are revealed: care for loved ones,...
url	https://poss-mma.com/
image	https://poss-mma.com/wp-content/uploads/2026/01/coin-id-scanner.webp
image:secure_url	https://poss-mma.com/wp-content/uploads/2024/09/triumph-zone.png
image:width	200
image:height	200
image:type	image/webp

Headings

H1	H2	H3	H4	H5	H6
1	27	0	0	0	0
<ul style="list-style-type: none">• [H1] Apps that Help You Keep Your Focus Out of the Gym• [H2] Ten Cents, 1984 — and a Market That Doesn't Always Agree• [H2] 100+ Years of Beauty: Why Collectors Should Recognize the 1923 Silver Dollar• [H2] Brain Training Games: Why Are They Needed and How Do They Work?• [H2] Exploring the World of Ancient Coin Collecting: A Historical Perspective• [H2] How to Start a Home Gym on a Budget• [H2] How to Document and Catalog Your Coin Collection• [H2] Coin ID Scanner: Attention Is Your Superpower• [H2] Number Tracker: Serenity Starts with Confidence• [H2] AI Plant Finder: Rebuilding through Living• [H2] Mind Elevate: Training the Mind In Short Sessions• [H2] AI Tattoo Art Studio: Visual Decisions Without Mental Strain• [H2] AI Chat Bot & Virtual Helper: Clearing Mental Clutter• [H2] Heart Pulse Monitor - Health Log: Reading the Body Between Rounds• [H2] VPN Security - Secure Shield: Focus Without Digital Disruptions• [H2] VPN Fast Proxy VON: Control Over Connection Performance• [H2] Silence Between Punches• [H2] Recent Posts• [H2] Archives• [H2] You May Have Missed• [H2] The Impact of Sleep on Physical Performance and Recovery					

SEO Content

		<ul style="list-style-type: none"> • [H2] The Significance of Belt Ranking Systems in Martial Arts • [H2] Rare Coins Featuring Historical Figures: A Collector's Guide • [H2] The Benefits of Cross-Training in Different Martial Arts Disciplines • [H2] How to Start a Home Gym on a Budget • [H2] How to Develop a Consistent Training Routine • [H2] How to Document and Catalog Your Coin Collection • [H2] Exploring the Symbolism in Coin Designs
	Images	<p>We found 36 images on this web page.</p> <p>Good, most or all of your images have alt attributes.</p>
	Text/HTML Ratio	<p>Ratio : 8%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 29 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 0%</p> <p>Internal Links 100%</p>

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice

In-page links

poss-mma.com	Internal	Passing Juice
Home	Internal	Passing Juice
Blog	Internal	Passing Juice
About us	Internal	Passing Juice
Featured	Internal	Passing Juice
Ten Cents, 1984 — and a Market That Doesn't Always Agree	Internal	Passing Juice
100+ Years of Beauty: Why Collectors Should Recognize the 1923 Silver Dollar	Internal	Passing Juice
Brain Training Games: Why Are They Needed and How Do They Work?	Internal	Passing Juice
Exploring the World of Ancient Coin Collecting: A Historical Perspective	Internal	Passing Juice
How to Start a Home Gym on a Budget	Internal	Passing Juice
admin	Internal	Passing Juice
How to Document and Catalog Your Coin Collection	Internal	Passing Juice
The Benefits of Mindfulness Practices in Enhancing Physical Performance	Internal	Passing Juice
March 2026	Internal	Passing Juice
October 2025	Internal	Passing Juice
September 2025	Internal	Passing Juice
March 2025	Internal	Passing Juice
February 2025	Internal	Passing Juice
January 2025	Internal	Passing Juice
December 2024	Internal	Passing Juice
October 2024	Internal	Passing Juice
August 2024	Internal	Passing Juice
The Impact of Sleep on Physical Performance and Recovery	Internal	Passing Juice
The Significance of Belt Ranking Systems in Martial Arts	Internal	Passing Juice
Rare Coins Featuring Historical Figures: A Collector's Guide	Internal	Passing Juice
The Benefits of Cross-Training in Different Martial Arts Disciplines	Internal	Passing Juice

In-page links

[How to Develop a Consistent Training Routine](#)

Internal

Passing Juice

[Exploring the Symbolism in Coin Designs](#)

Internal

Passing Juice

SEO Keywords



Keywords Cloud

featured ago year home how gym hours coin admin months

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
ago	19	✘	✘	✘	✘
featured	12	✘	✘	✘	✘
admin	10	✘	✘	✘	✘
months	9	✘	✘	✘	✘
year	8	✘	✘	✘	✔

Usability

	Url	Domain : poss-mma.com Length : 12
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.

Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 0 Warnings : 0
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Too bad, your website has too many CSS files (more than 4). Too bad, your website has too many JS files (more than 6). Perfect, your website takes advantage of gzip.

Mobile

	Mobile Optimization	<ul style="list-style-type: none"> Apple Icon Meta Viewport Tag Flash content
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Optimization

	XML Sitemap	Great, your website has an XML sitemap. <pre>https://poss-mma.com/sitemap.xml https://poss-mma.com/sitemap.rss https://poss-mma.com/sitemap_index.xml</pre>
	Robots.txt	http://poss-mma.com/robots.txt

Optimization

		Great, your website has a robots.txt file.
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.</p>